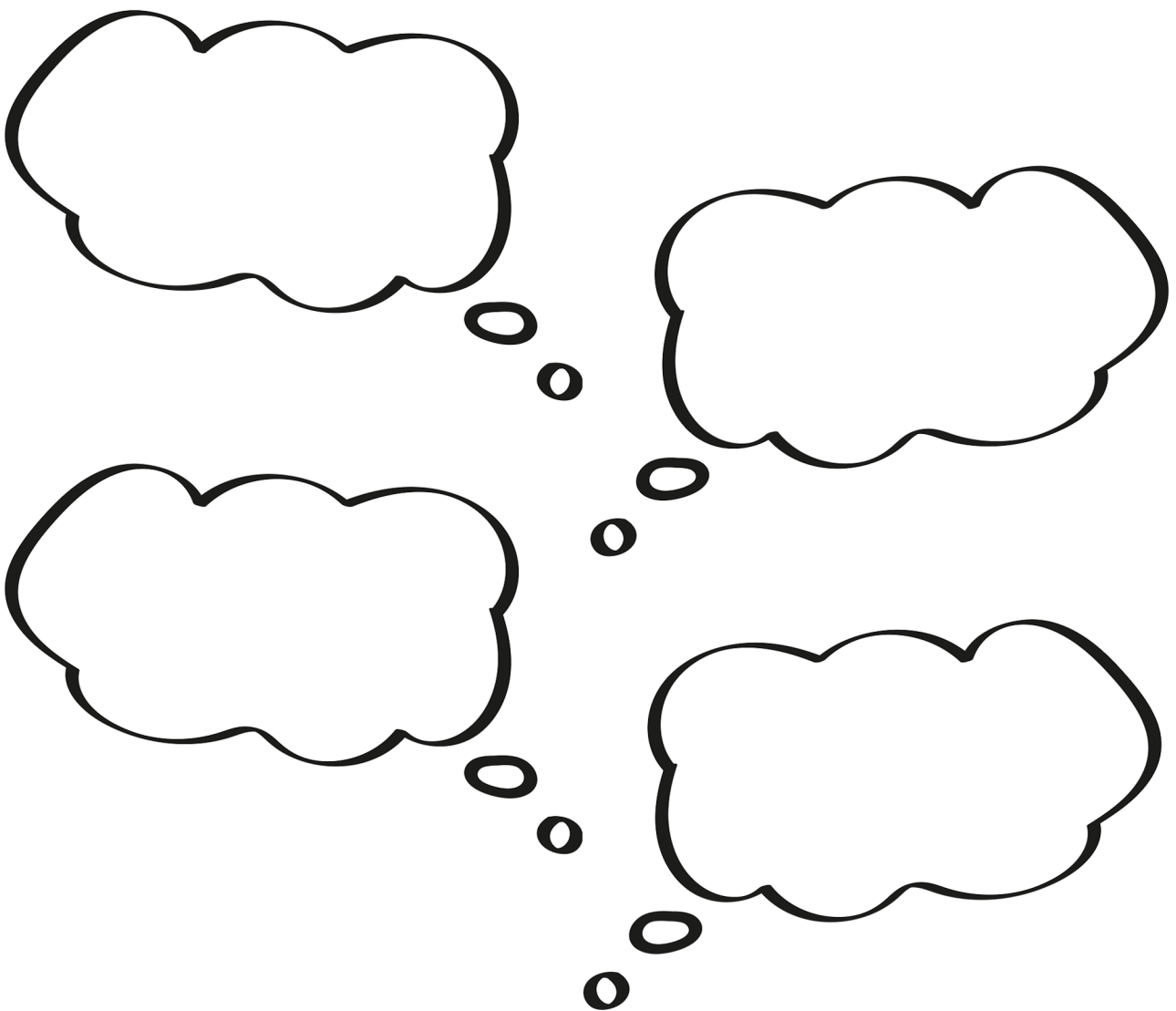


Reflect on Your Self-Talk

Your Negative Thoughts

Think about a recent competition or practice that didn't go the way you wanted it to go.

Write down all the **negative thoughts** you had during this competition, game or practice. Write each different thought in it's own thought bubble.

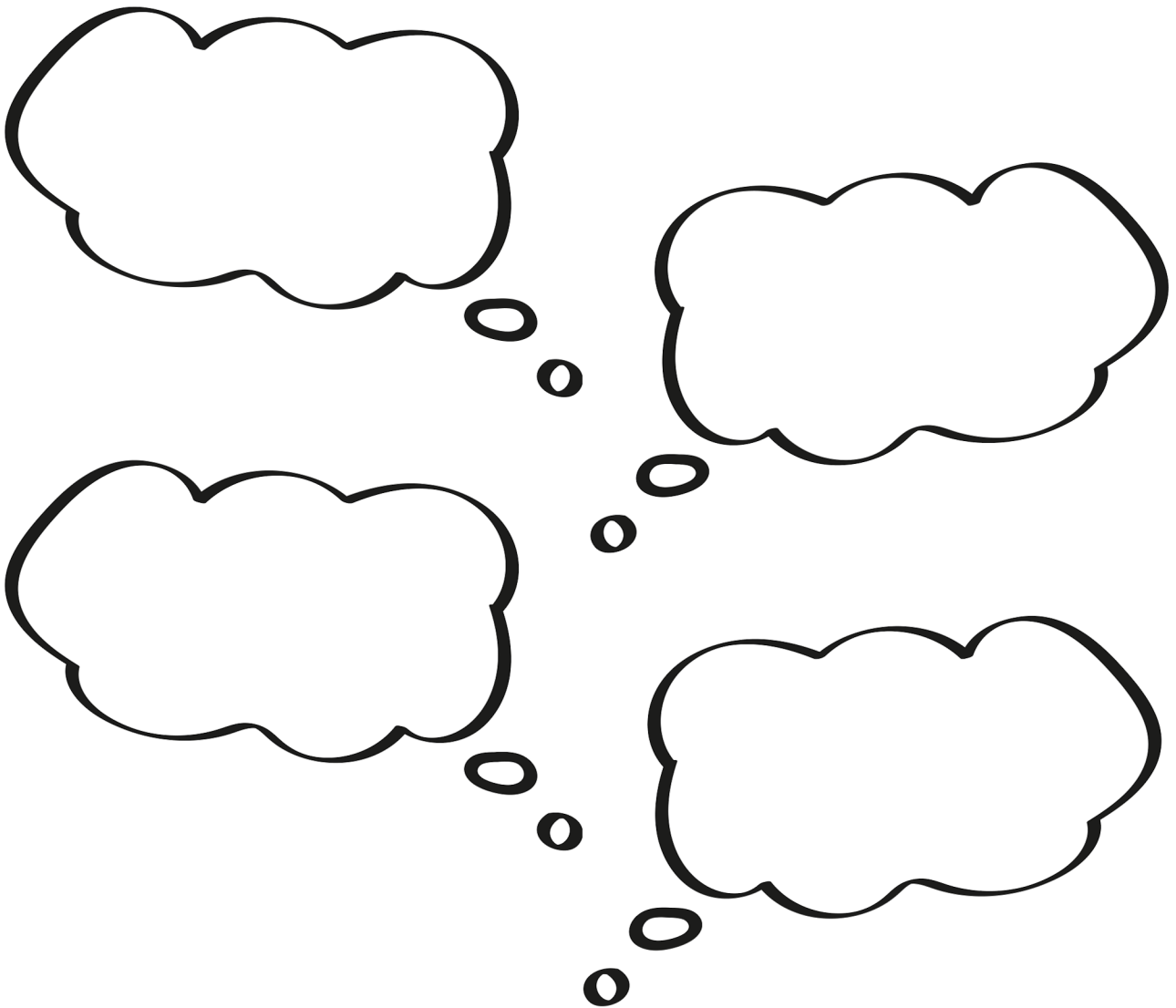


Reflect on Your Self-Talk

Your Positive Thoughts

Think about a recent competition or practice that went really well.

Write down all the **positive thoughts** you had during this competition, game, or practice. Write each different thought in it's own thought bubble.



Reflect on Your Self-Talk

Tally Your Thoughts

Look at how many negative thoughts you had in relation to your positive thoughts. Do you notice a difference here? Write down your observations.

Flip The Script

How do you think these thoughts impact you, your confidence, and your performance?

Take one of your negative thoughts and see if you can turn it into a positive phrase instead.

Here's an example:

